

TRI-STATE WEBINAR SERIES

*Interoception, the 8th Sense:
An Interview with Chloe Rothschild*

Presented by Kelly Mahler, MS, OTR/L



Tri-State 2018-2019 Webinar Series

Tri-State Autism Spectrum Disorder Webinar Series



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We would like to thank...



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for their collaboration and assistance in the
development of this webinar.

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Kelly Mahler, MS, OTR/L



www.kelly-mahler.com

Kelly Mahler MS, OTR/L, has been an occupational therapist and autism consultant for over 16 years, serving school-aged children and adults. Kelly is a co-founder of Destination Friendship, an organization dedicated to providing multidisciplinary social skill groups within the community. Kelly is an adjunct professor of Occupational Therapy at Elizabethtown College, Elizabethtown, PA. She is actively involved in several research projects pertaining to interoception. Kelly is an international speaker and presents frequently on topics related to the five books she has authored:

Interoception: The Eighth Sensory System, *The Comprehensive Assessment of Interoceptive Awareness*, *Sensory Issues and High Functioning Autism* (with Myles and Robbins, winner of National Parenting Publications Bronze Medal), *Destination Friendship: Developing Social Skills for Individuals with Autism Spectrum Disorders or Other Social Challenges* (with Benton, Hollis, and Womer), and *Hygiene and Related Behaviors for Children and Adolescents With Autism Spectrum and Related Disorders* (winner of Mom's Choice Awards Gold Medal).

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Chloe Rothschild



Chloe Rothschild is a young adult with autism. She is on a mission to teach others about autism by sharing her perspective and experiences in an effort to help others understand autism better. Chloe enjoys using her talent and love for writing to raise awareness about autism. She writes blogs and operates a public Facebook page, where she shares her story. She also speaks to various groups and at conferences. In addition, Chloe is on the Autism Society's PSA (Panel of People on the Spectrum of Autism Advisors) and the Ohio Center for Autism and Low Incidence advisory board. Chloe is very interested in the topic of interoception; she is co-authoring a book on the topic that is set to be released in 2018.

<https://www.facebook.com/chloerothschildasd>

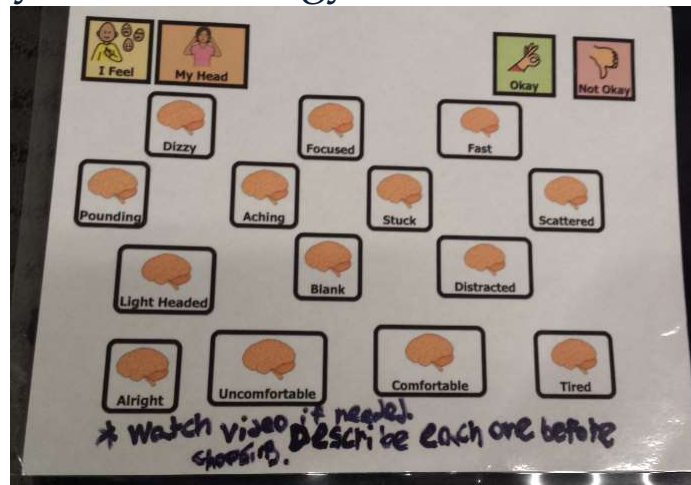
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Learner Objectives

- Participants will:
 - Develop an understanding of interoception, the 8th sense and how it impacts areas such as emotional understanding, self-regulation, health and well-being.
 - Gain an understanding of how interoceptive differences may impact an autistic person.
 - Learn about strategies to help improve interoceptive awareness.

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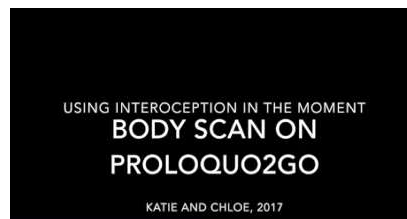
Chloe's Low-Tech Communication Board for the Body Check Strategy



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Video of Chloe using the Body Check Strategy

- <https://www.facebook.com/kelly.mahler.5/videos/10212831766606425/>



- In this 13 minute video you will see how Chloe uses the Body Check Strategy using her AAC (iPad with Proloquo2go) with her SLP Katie Nelson.
- The final 5 minutes provides close up views of Chloe's iPad.

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Resources – Articles & Webpages

- What is Interoception? <https://www.kelly-mahler.com/what-is-interoception/>
- Podcasts: <https://www.kelly-mahler.com/resources/media>
- Chloe Rothschild and The Mighty: <https://themighty.com/u/chloe-rothschild/>

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Resources – Books & Curriculum

- Mahler, K. (2015). *Interoception: The eighth sensory system*. Shawnee, KS: AAPC Publishing.
- Mahler, K. (2019). *The interoception curriculum A step-by-step framework for developing mindful self-regulation*. Shawnee, KS: AAPC Publishing.
- Mahler, K. (2019). *The interoception activity cards*. Shawnee, KS: AAPC Publishing.
- Mahler, K. (2016). *Interoception assessment forms*. Shawnee, KS: AAPC Publishing.
- Myles, B.S., Mahler, K., & Robbins, L.A. (2014). *Sensory issues and high-functioning autism spectrum and related disorders: Practical solution for making sense of the world*. Shawnee, KS: AAPC Publishing.

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